

February 2011

Manasquan High School

The Blue & Gray

Talented Students
Show Their Stuff
in The Art Show

Senior
Luke
Dawson

Senior
Kim
Sanders

Senior
Karen
Cindea

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BLUE AND GRAY SPECIAL REPORT:

By: Samantha Eichmann

A SOLDIER'S EXPERIENCE IN AFGHANISTAN

MRS. BONTALES BRINGS THE WAR HOME



"I hope you said hi to all for me. You can tell them that everything's ok here. I know that it's going to be bad at times and that this place doesn't really compare to the 'good life' but still, I think it will be OK here. For once, I'm being optimistic."

These were the opening words of the first letter sent to Mrs. Cheryl Bontales from a Marine platoon that she recently adopted. Mrs. Bontales adopted a platoon of fifty male Marines, who were deployed to Afghanistan and will be spending the next seven months there.

What inspired her to take on this enormous and generous commitment was that the Lieutenant of the platoon went to college with her daughter.

In early December, Mrs. Bontales sent the staff of Manasquan High School and Elementary School an email. In this email she explained her mission. She would be sending the platoon care packages filled with everything from soup, to mouthwash. Also, she encouraged the staff to adopt a single soldier.

Mrs. Bontales said "You can just send a letter now and then, or write on a regular basis to more than one Marine." She received an overwhelming response from many staff members with questions, like "How can I help?" and "Can my class adopt?" Mrs. Bontales was overjoyed with the response she received.

Soon Mrs. Bontales's collection received a boost, thanks to Mrs. Reidy's Support Your Soldier program. Reidy collected so many donations, that she passed along the extra. Mrs. Bontales was given an enormous supply of goods.

The platoon sent a letter to family members describing the things they needed. One said: "Beggars can't be choosers; if I don't like something it will still get used." Another asked for magazines: "News and entertainment don't make their way very far into Afghanistan, so send that stuff too." And finally, "Keep it small, simple, and manly."

One Spanish class in Manasquan Elementary school, taught by Sr. LaMorticella, adopted seven Hispanic Marines and are now writing to them in Spanish. Staff here at the high school including Mrs.

Elms, Mrs. Carpenter, Dr. Buckley, Mrs. VanNote, Mrs. Puryear, and Mr. Bryant have all adopted a soldier as well. Even one student, Alex Hardee decided to take part and help a soldier too. Nobody was sure if they were going to get an answer from any of the Marines. It's possible that the Marine could be transferred, or fired. Mrs. Bontales said she only knows of one who was fired because of losing a \$3000 laser.

Amazingly, Mrs. Bontales has received four letters from the Lieutenant so far. In the first letter he described his first day, when they were able to leave the FOB and see the real Afghanistan, which was a totally different world. He says that it wasn't dangerous and it was a great experience. The Afghans drive old and beat-up cars, and have houses made out of mud. He tells us "There were Afghans all over the place, conducting their normal business. The people ranged from little kids to women to old men. And they all treated us differently. Some waved; some begged for food, some gave us the finger... Even a few threw rocks at us."

In his second letter, the lieutenant's life seemed busier and more hectic. He wrote that he only had time for a quick email. He continues with "an update about what I've seen so far. Stuff I have to deal with. This is a lot of fun and interesting and I'm very glad I'm here. I get to do all types of things that none of my friends ever will get to do. In fact, these are things that they don't even know exist." He wrote about how the platoon went to the south side of the city, early in the morning. He says it was frightening because it is much harder to see bombs when it is dark out. "Sometimes," he says, "the locals help them to avoid the bomb; sometimes they don't."

In his third letter, he shows us the fear that the soldiers must sometimes endure. "Words cannot describe what I had to go through today. So as you know, I got to lead my first convoy." The Lieutenant and his platoon drove a detainee and two guards from Marjah to Camp Dwyer. He had a blindfolded and bound Afghan man in his truck. They even got stuck in the sand, and had to push themselves out.

When they reached their destina-

tion, the Lieutenant had to get out of the truck, and walk in front of it, to prevent running over anything or anyone by accident. "When I got out I was in the city, not the safety of the base and it was a ghost town. Scary stuff. It had the feel of an insane asylum because there were these single story concrete buildings that were stores, but no one was there. And of course, everything was decrepit." He describes the Afghani women as covered up, with burkhas.

He writes that he sees children all the time. One day a 6 year old gave him the finger. Then, on another day in the city, there was a little kid that stood in front of their truck and wouldn't move. "These people are fearless," he said. "I saw a 10 year old light up a cigarette."

Yet there are good moments too. They have built schools for the children, though some stand empty. On one good day though, the Lieutenant and his sergeant were talking to a kid who just came from a school that they had started. He had a book that was teaching him English. The Lieutenant was able to teach him some new words.

According to the latest letter, the platoon was having a long week. They have done 32 convoys in 32 days, and there have been multiple days off. This means they have been working overtime some days. "We've done a real good job, and people appreciate our efforts." He has had to take all types of people and supplies to various places, including Afghan soldiers. Once the Lieutenant figured out what they needed, how they were going to get it there, and when they were going to bring it, they decided that they were going to bring them more than they legally were supposed to. Apparently, the soldiers weren't grateful. They even tried to order the Lieutenant to drive them around. "I am not an Afghan taxi service so that didn't go over so well. But the worst part is that as soon as we got back... I was told that I had to go back."

He concludes his latest letter by saying, "That's pretty much it for my week. We've done a lot of things this week and many of them were new and exciting. There have been some close calls... all in all I'm safe and in good shape."

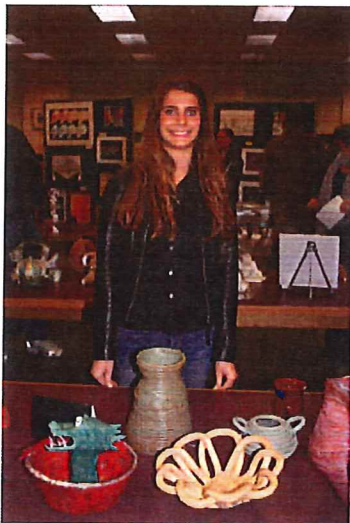
Inspiring Night of Art on Display in the MHS Media Center

photos by MHS art teacher Mary Ann Monaghan

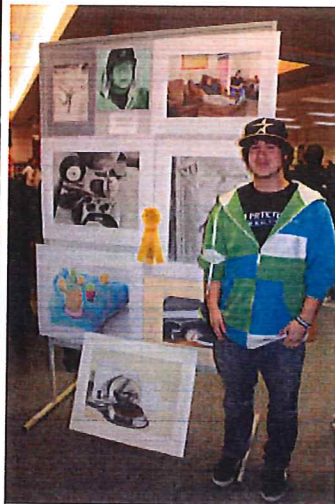


Above: Senior Julia Putelo;
below: Senior Kyle Harrison was
recognized for his fine paintings.

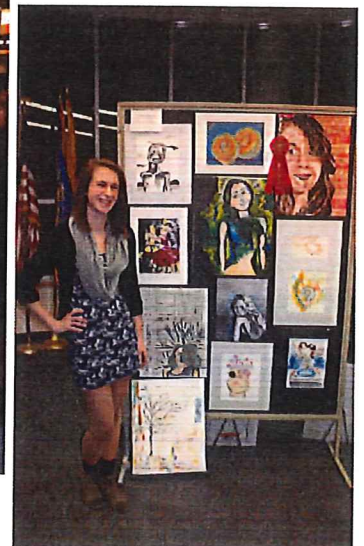
Above: Junior Maddie Higgins
a table of pottery; below: Grace
Cassidy



Above: Senior Carey Ambrosio
shows her work; below: senior
Johanna Walker with her prize
winning work.



Above: Senior Shannon Walzer
below: senior Meghan Burke displays
her paintings.



Manasquan DECA Students Qualify for State Competitions

By Lauren Strazdis

On Tuesday, January 11th, 34 DECA students from Manasquan High School competed in the Regional Competitions at Middlesex County College. Ten of those students, Billy Acciavatti, Spencer Arnold, Marielle Bachman, Molly Burke, Kelly Cunningham, Alex Evangelista, Colleen Devoti, Hayley Carpinello, Kelly Petillo, and Lauren Strazdis, qualified for the State Competitions in Cherry Hill, New Jersey, in March.



Ten students in DECA qualified for the State Competitions at the Regional Conference.

Competitions. To qualify for a medal, students must be at the top of the leaderboard in all sections of their division or receive a very high score in one event to make up for a lower score in another.

While proudly representing Manasquan High School, seniors Marielle Bachman, Kelly Cunningham, Alex Evangelista, Colleen Devoti, and Haley Carpinello skated past the competition in Quick Service Restaurant Management

DECA, an acronym for Distributive Education Clubs of America, is a nonprofit organization for students interested in pursuing a future in business and marketing. DECA is a worldwide group for both high school and college students, with individual chapters in over 5,200 schools. According to its mission statement, the purpose of DECA is to "prepare emerging leaders and entrepreneurs in marketing, finance, hospitality and management in high schools and colleges around the globe."

More than 200,000 students are members of DECA and come from all 50 U.S. states, the District of Columbia, Canada, China, Germany, Guam, Hong Kong, Korea, Mexico, and Puerto Rico. In the 60 years since DECA was founded, it has attracted over 2,000,000 participants.

Mr. Gordon, a business teacher and football coach who has been a part of Manasquan High School for over 25 years, is the main advisor of the school's DECA chapter. Fellow business teacher, Mr. Waldeyer, assists Mr. Gordon in managing the DECA club and co-supervised the trip to Middlesex County College for the Regional Competitions last month. Both Mr.

Gordon and Mr. Waldeyer took part in the event as judges in the Marketing Research Information division.

Each student participating in DECA competition chose a division to compete in based on a topic that correlated to their personal interests. Division topics covered many aspects of the world of business and ranged from hotel management to sports marketing. Each division consisted of three separate competitions: a written test and two role-playing events in which a scenario is given to each participant and judges score the students based on how well they present their ideas to resolve the issue at hand.

At the Regional Conference, students from numerous high schools in the area competed against each other in several divisions and those who received the highest scores were awarded a medal. The top students in the competition who earned medals automatically qualified for the opportunity to compete in the State Competitions in March.

Students in each division also won trophies for placing in particular events such as the written test or a role-play. However, winning a trophy does not guarantee them a spot at the State

to win medals while junior Kelly Petillo also qualified for the State Competition in the Food Marketing Service division. In Retail Merchandising Service, juniors Spencer Arnold and Molly Burke brought home two more medals while junior Billy Acciavatti won his own in Restaurant Food Management. Senior Lauren Strazdis brought the total medal count to 10 for Manasquan in the Apparel and Accessories Marketing division and also qualified to move on to the State Competitions.

In addition to their medals, Billy Acciavatti and Marielle Bachman also received trophies for placing in individual sections of their divisions. Billy won 1st place in his written test and 3rd in a role-play, while Marielle placed 3rd in a role-play as well.

Of the 10 students who won medals, most of them are planning to participate in the State Competitions. Those who attend the conference on March 9th, 10th, and 11th will be competing against the top DECA students in New Jersey. Mr. Gordon has high hopes for the students moving on to the next level of competition. "We are hoping for a couple of winners to come home from States," he says. "But if we don't, in my opinion, we've done great."

February Is... Healthy Heart Month

By: Kristie Sweeney

As January rolls into February and the New Year's glitter begins to fade away, you may find yourself surrounded by hearts. Walking down the card aisle at the drug store, hundreds of hearts sit upon the shelves. Flipping through newspapers, hearts fill the pages as ads promote Valentine's Day deals. You may even catch people digging into their heart shaped chocolate boxes for a quick mid-day snack. But February isn't only a time to celebrate the loves in your life; it's also a time to remember how important your heart is and learn about the better things you could be doing for yours. February is "American Heart Month".

Since 1963 "American Heart Month's" mission has been to promote awareness about the dangers of cardiovascular disease and how to prevent it. Currently, cardiovascular disease is the nation's #1 killer, with the highest death rates being among women. But what is cardiovascular disease and how do we prevent it?

Cardiovascular disease is a disease of the heart or blood vessels, including stroke, aortic aneurism, high blood pressure, heart attack, and rheumatic heart disease. What is surprising, though, is that almost all of these diseases can be avoided and treated with a healthy diet and lifestyle. A study showed that vascular injury accumulates from childhood, so

it is important to maintain a healthy lifestyle from a young age.

As part of American Heart Month our school decorates classroom doors to raise awareness about heart disease. Furthermore, many students and staff also wear red on February 4th, as part of national "Wear Red Day". And though it may seem extensive to devote an entire month to raise awareness for cardiovascular disease, the message is really getting through. From 1996 to 2006 deaths caused by cardiovascular diseases have declined 29.2%.

"Go Red for Women" is an organization established to educate women and fund

research. Since 2004 Go Red for Women has raised almost \$44 million dollars for women-focused research, educational programs, and tools for physicians.

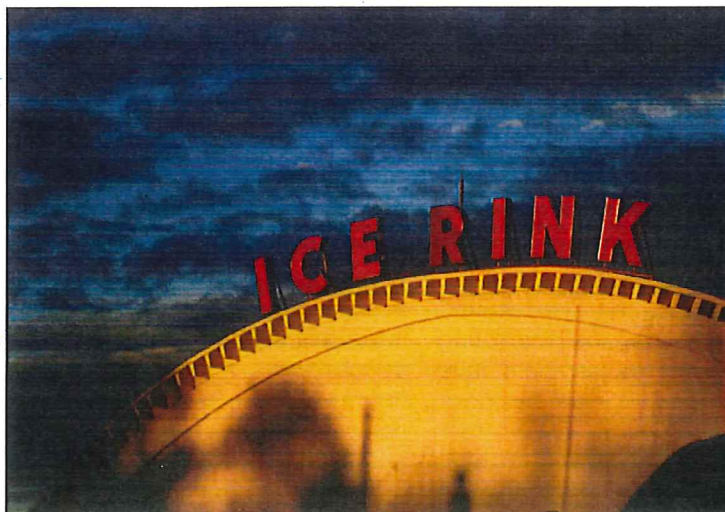
Although America has had many great advances towards eliminating cardiovascular disease the battle is not over. It was estimated that in 2006 81,100,000 people in the United States had one or more forms of cardiovascular disease. To prevent cardiovascular disease from developing later on in life, a diet low in unhealthy cholesterol, high in whole grains, low in fat, and high in fruits and vegetables along with exercise is advised.



The Student Council and Health Careers Club will be selling ribbons and candy heart guesses in the cafeteria during lunches until February 11th. Everyone wear red on February 11th! Even the faculty and staff are invited to wear jeans and red for a \$5 donation. All proceeds will be donated to the American Heart Association. Last year MHS, MES faculty, staff and students came in the top 10 for donations in the state!



Photography Club Photos of the Month



Mary Cavagnaro



Jon Cioffi

The other committees are hard at work getting organized. The food committee is busy trying to finalize menus. They are working side by side with the entertainment committee. The entertainment committee has begun to make a timeline of the night. Mr. Battaglia said that the entertainment committee is still learning from last year. He stated, "We are learning to balance the time and not try and do too much." While twelve hours may seem like a long time, the entertainment events throughout the evening can take a large portion of that time. Another new part of the night is the option to donate your hair. "I plan on donating my hair for the cause," said senior Hayley Carpinello.

The most important event will, of course, be the speakers. While Mr. Battaglia did not reveal any names he is planning for two or three speakers. He is hoping for a speaker at the beginning, middle, and end of the night. Each speaker will share their own story of their family's story. These stories are the parts of the night that inspire everybody to keep dancing and keep donating.

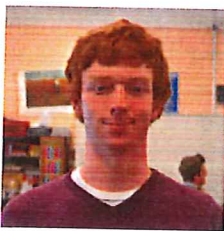
Overall, the entire community seems ready to get involved. Everyone can get involved by donating \$5 to a participating dancer or committee member. All donations can be made out to MHS Central Fund, Memo Squan-A-Thon. Also look out for an Applebees and Squan Dry goods fundraiser coming up soon. Check the daily announcements for more information or join the group on Facebook by searching "Squan-A-Thon 2011." Most importantly, if you know of a family affected by pediatric cancer, Squan-A-Thon is looking to help. Contact Mr. Battaglia or Mrs. McKenzie.

To conclude, senior dancer Alex Evangelista summed up her feelings on Squan-A-Thon saying, "I'm looking forward to being a part of everything, the games and the food is great. I like knowing that I was doing something good that will benefit other people." Mr. Battaglia summarized it as well, saying, "It is a night to celebrate." Squan-A-Thon is a night to celebrate all the good that this school has done for the community and these families affected by pediatric cancer.

Dance. Defy. Recover.

MEET THE COMMITTEE CHAIRS

What are you looking forward to most about Squan-A-Thon 2011?



"I am looking forward to raising quite a bit of money for families in the area and hopefully performing at 2:30 in the morning like last year."
-Billy Chamberlin, Finance and Marketing



"I'm looking forward to hopefully raising more money than last year as well as seeing an increase in the amount of participants. And new surprises!"
-Reagan Murphy, Entertainment



"I'm looking forward to it being an even better turnout than last year. I think we have a lot more plans. We used last year to improve on last year."
-Kara Dibble, Food and Facilities



"I was amazed with how successful last year's Squan-A-Thon was, so I am very much looking forward to this year. It will be great to have everyone together in the gym celebrating after all of our work!"
-Maura McLaughlin, Dancer Relations

SQUAN-A-THON 101

- WHO?** An event ran by the students with the help of advisors, Mr. Battaglia, Mrs. McKenzie, and Principal Coppola.
- WHAT?** A 12 hour dance-a-thon to celebrate the culmination of fundraising efforts
- WHERE?** March 11 from 8 pm to 8 am
- WHEN?** The high school gym
- WHY?** Squan-A-Thon is about raising money for families who suffer from the effects of pediatric cancer.

HOW CAN I HELP? GET INVOLVED!

- Donate \$5 to a friend, dancer or committee member! All donations can be made out to MHS Central Fund. Memo Squan-A-Thon.
- If you know of a business looking to donate, contact Mr. Battaglia or Mrs. McKenzie.
- Look out for the Applebees and Squan-Dry-Goods fundraiser dates coming soon.
- Join the group on Facebook by searching "Squan-A-Thon 2011."
- If you know a family effected by pediatric cancer, Squan-A-Thon is looking to help.

Mass Animal Deaths Lead to Doomsday Predictions - Is Nature Warning Us?

By: Melissa Mastrorilli and Hannah Roesler

The freakishly disturbing event took place in a small, insignificant city northeast of Little Rock, Arkansas at exactly 11PM on New Year's Eve. It has many people talking about the Apocalypse, the End of the World. This inexplicable incident left people in absolute shock, not understanding how or why something so terrible would happen so abruptly. Nevertheless, the town of Beebe is not the only location that is stirring up talk of a catastrophe – similar instances are happening all over the planet. Are these events just a bizarre set of unfortunate circumstances, or should we be worried?

Just an hour before the clock struck the New Year of 2011, about 5,000 red-winged blackbirds fell from the sky, all of them dead. These lifeless animals scattered the streets of Beebe, Arkansas, turning the ground black. A member of the City Council, Tracy Lightfoot, said the town looked as though "it had just rained birds." The reason for these deaths? One theory is that they were startled by fireworks or the weather. This seems like a valid suggestion, except that the city of Beebe does not host a large display of New Year's Eve fireworks. As for the weather aspect, the storms that hit Arkansas earlier that day had already moved farther east before the birds fell. Preliminary lab test results state that the official cause of these deaths was "multiple blunt force trauma," indicating that the birds must have flown into something. Also, all of their stomachs were empty, which rules out poison.

In the midst of all the hysteria, 100,000 drum fish were found floating in a 17 mile stretch of the Arkansas River, 125 miles from Beebe. Two days later, 500 birds were found lifeless on a highway in Louisiana. And these were not just any birds - you guessed it, they were red-winged blackbirds. Two million fish were found dead in the Chesapeake Bay in Maryland. Thousands of fish perished in Spruce Creek, Florida. Several hundred more birds thudded to the ground in Kentucky. At a Wisconsin farm, 200 cows perished. Hundreds of starfish washed up on the shore of Charleston, South Carolina. You think that's it? Not even close.

As the month of January progressed, similar occurrences transpired around the globe. Nearly 100 tons of dead fish, most of which were sardines, washed ashore the beaches of Paranagua, Brazil. One thousand turtle doves plummeted to their deaths in Faenza, Italy. In New Zealand, hundreds of snapper fish died in the Coromandel Peninsula beaches, most found with their eyes missing. Approximately one hundred dead jackdaw birds were found on the streets

of Falkoping, Sweden. 40,000 dead devil crabs littered the beaches in Britain. In Vietnam, over 150 tons of red tilapia were found dead. Hundreds of pelicans deceased on a North Carolina beach, as well.

It's hard to believe that this unusual phenomenon has occurred in less than one month. Baffled scientists are still attempting to find logical explanations to these deaths, but none have yet been successful. These unexplained mass animal deaths have stirred up talk of conspiracy theories, and even Doomsday predictions.

Some scientists are trying to tell us that these unexplained animal deaths are not linked. Really? That seems a little unreasonable.

James Manning, a controversial pastor in Harlem, New York, is confident that we are in the period known as "Tribulation", and that the Bible states that this pre-Apocalyptic phase will lead to environmental catastrophe. Others believe that the justification to all these deaths revert back to the Mayan calendar, which runs out in the year of 2012. Some suggest that the government is to blame.

No matter what theory you tend to lean towards, it is evident that something is seriously wrong. Before you discount certain theories, let's not forget that animals were acting strangely days before the tsunami hit eastern Asia in 2004. Animals tend to have a sixth-sense when it comes to natural disasters, and although all of these deaths could have a reasonable and harmless explanation, it could be nature giving us a warning that something big is to come.



Google now has a map that records the animal deaths that have been occurring around the globe.

BLUE AND GRAY OFFERS ADVICE FOR SUCCESS

Be Realistic. Enjoy Life

By: Annie Zappulla



New Year, new resolutions. The first thing that comes to people's minds when a New Year is lurking just around the corner is their New Year resolution. People dwell on this idea for weeks. When it comes to making a resolution for yourself, you shouldn't stress over it. A New Year's resolution should be something to make you happy; something to start off the year great. The New Year's is a celebration for getting through yet another 365 days and a New Year resolution is just part of the package.

Many set goals for they know they which will just Year on a bad advice. Set that are realistic. something that happen because down and that want to do at the Year.

"Instead of resolving to do what you think you have to, resolve to live a more enjoyable life"

people do not themselves because will end up failing, start the New foot. Here's some goals for yourself Don't try to achieve you know will never it will just put you is the last time you beginning of a New

What is meaningful to you? Ask yourself this and I'm sure you can create a variety of thoughts. Whether it's family, friends, happiness, or good health, you can expand your thoughts into making one great resolution. Remember this: no resolution needs to be a big ordeal. If you choose too, you can certainly challenge yourself, but any simple, meaningful action in your life can make a difference.

Don't forget that either. As long as you commit to your new resolution, it will make a difference in the end. You may struggle at times, but always remember what the end result will be and keep that determination with you throughout the whole process.

"Instead of resolving to do what you think you have to, resolve to live a more enjoyable life," stated a life coach, Teresia LaRocque.

No matter what happens, your one priority in life should be to make it enjoyable in every way possible. You don't want to set a goal

One to Stick To: Put School First

By: Molly McCann

So, the time has come to make those resolutions we swear we'll stick to throughout the upcoming year. Nine times out of ten we abandon them by February, whether we just forget about them or realize they are out of reach. It seems that year after year people are making the same ones. Well, here's one that isn't hard to stick to and will actually benefit you in the future: putting school first. With college looming around the corner, I myself have realized that I have no idea how to study. In an attempt to get on the right track I've decided to come up with a plan to help myself.



The first goal is to focus on finishing all of my homework. We all have those nights where we have much better things to do than problems out of the book or a reading response, but if we add up all of those nights that we decide not to finish them, it can take a big chunk out of your final grade. Not doing homework is like

saying to your teacher, "don't give me a good grade because I don't care". It's an easy hundred. Which brings me to my next idea: actually doing homework in study hall. Now, we all know how awful it is to try and write while sitting in those auditorium chairs. I'm not saying do your math problems or write essays in there, but get whatever reading you have out of the way. And if you don't have reading to do, reread a chapter you're having trouble with. It can't hurt, and it's not like there's anything better to do in a silent study hall.

My second goal is to start forming study groups after school. It sounds like a lame idea, but if you think about it, studying with people in your class outside of the classroom gets you farther than you might think. You can actually interact with each other and try to figure things out that you might not otherwise get a chance to in class. It's amazing how much we can learn from each other if we would just work up the courage to ask. And you never know, you might be helping out someone, and there's no better feeling than that.

Now, when it comes to studying on your own I've found

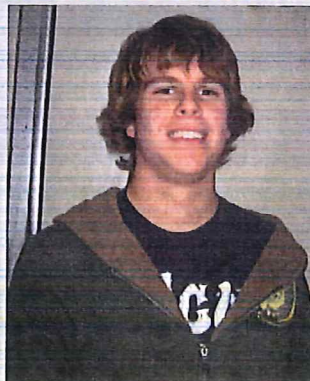
Now that it's 2011, everyone is making their goals for the new year. Here's what some resolutions around MHS are:



*"Stay in shape for soccer & lacrosse."
-Mike Riordan,
Sophomore*



*"To stop humming."
-Sara Hyatt,
Senior*



*"To eat more McDonalds."
-Paul Salgado,
Freshman*



*"Eat healthier, exercise, & study."
-Danielle Thoma,
Sophomore*

Beat the Winter Blues

By Kristie Sweeney



Maybe it is the dull gray sky or the startlingly cold air, but there is just something about the winter that brings people down. With Christmas and New Year's Eve having passed, January and February seem to be the coldest months with no cheerful holidays to look forward to. The frigid outdoors keep people inside during most of the winter, which can limit the amount mood-enhancing vitamins our bodies receive from the sun. Though the lack of sunlight shouldn't keep you from enjoying what winter has to offer. Research has shown that you may actually be able to eat your "winter blues" away.

Many people think that the low mood they experience in the winter is all in their heads. The possibility that diet could play a huge part in treating their "winter blues" is unthinkable. But, in reality the vitamins and minerals the sun's rays usually give our bodies are in short supply during the winter when the sun is out for fewer hours, so eating a diet high in these vitamins can uplift your mood drastically.

There are a number of things that have been proven to boost people's moods. Bright colors, regular exercise, exposure to the sun, limiting alcohol, caffeine and sugar intake, and getting plenty of sleep all help increase energy levels and general attitude, but taking supplements and eating a diet high in Vitamin D, Omega 3 Fatty Acids, Selenium, and B vitamins has also proved very effective.

Vitamin D is the "sunshine vitamin". In the summertime when the sun is shining for a long amount of time each day our bodies can easily receive this vitamin without much effort, but in the winter it's not as carefree. Foods such as eggs, fortified cereals and milk, shiitake mushrooms, button mushrooms, and many kinds of fish all contain Vitamin D. Often times people testing positive for depression have low levels of Vitamin D in their bodies so it is very important to get enough of this vitamin. Dr. Jonathan Prousky, the chief medical officer at Canadian College of Naturopathic Medicine, says, "Often, you can't get enough of these in your diet". So, in the winter, a Vitamin D supplement can

help regulate your mood.

Serotonin is the mood-enhancing chemical that regulates hunger and an over-all feeling of well-being. According to the Mayo Clinic, the more sunlight there is, the better the serotonin production in the brain will be. But there are other ways to maximize the amount of serotonin your brain produces. B Vitamins (that can be found in potatoes, lentils, turkey, chili peppers, and bananas) assist the brain in producing serotonin. Which means that eating a diet high in B Vitamins will not only make you happier, but will also increase your energy level.

In March of 2008, a study concluded that omega 3 fatty acids decreased the risk of depression in non-smokers, as well as eased other mood disorders. Though scientists are not sure of why this is so, researchers think that omega 3 fatty acids may change fats in the brain's membrane, making it easier for brain chemicals to pass through. Researchers from around the world have concluded that a diet high in fish, particularly salmon, mackerel, and sardines (which all contain high amount of omega 3) will all help protect people from experiencing extremely low moods. Scandinavians, who live in cold areas with often little sunlight but eat a diet high in fish, have surprisingly low rates of depression. Although fish are a good source of omega 3 fatty acids, they can also be found in foods such as walnuts, spinach, basil, and flax seeds.

There are a few more vitamins that have been linked to depression. Selenium, a vitamin that Americans often lack in their diet, has been known to decrease anxiety, depression, and increase energy levels. Low levels of zinc, which can be found in lobster, turkey, beans, peanuts, potatoes, and brown rice, can be linked to depression.

Winter Blues are often misunderstood, but they aren't difficult to combat. Eating a diet high in the above vitamins, along with regular exercise and sleep can help you enjoy all that winter has to offer.

One to Stick To

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that there's only one way to go; notecards. The main thing you need to do is memorize, and using notecards creates an easy way for you to come up with tricks to remember things. If you have a teacher who gives you a study guide in the exact order the questions appear on the test, it's almost a given 100. Also, for classes like history, if you keep them in chronological order, you'll always know what's going

on.

All of these ideas may seem stupid to the students who don't bother to do their work, but they're the ones who will be struggling senior year when it comes time to apply for college. When you send out your applications, one of the first things colleges look at is your grades! It's not worth it to get a "D" in a class when you can get an "A" if you do your homework and study.

All Snowed Out

By: Josie Gratzel

It was a cold winters night. Winter winds howled, snow flurries fell.

Winter had decided it was going to leave a mark on our surrounding communities that night. Something beautiful at such large amounts however became a dangerous hazard. Lucky for us, there were people to bring us back to safety...

Our car had been on the road for several hours when we first got stuck. Three young men in a pickup truck came rolling alongside us and offered some help. They wrapped a chain around the front of our car and put the other end on the back of their truck and towed us out of the snow. We were so grateful. They ended up having to do so another two times. Unfortunately, however, we got stuck for a third time, and the men kept driving, not realizing that we had gotten stuck again.

After what seemed like the longest time my mom called her friend who happened to be a state trooper. She told him exactly where we were and he assured us that he would be there soon. It took a while but eventually he came and he tried to help my mom get the car unstuck. They tried getting a whole group of cops that had been on duty to try pushing the car, but that didn't work. They tried rocking the car but that didn't work either. My mom was reluctant to leave the car but after a few hours of trying and failing, she finally made the decision to abandon it.

Her friend was going to try and drive us home in his truck when another problem struck us. His truck got stuck in the snow as well.

That's the terrible thing about the weather even when it's at its very worst and its persisting, time is doing the same. So hours and hours went by and there was nothing we could do about it, we lost hours to be with our loved ones and instead spent them worrying about the ones we cared for.

Those of you who know me are aware that I come from a rather large family so sitting in a four seat truck for

several hours eventually got "cozy." Therefore, my mom instructed my sister and I to go sit in the other fireman's car. That required going back out in the blistery storm, something I totally didn't want to do. But I did anyway. Then a complete stranger told us the plan: "I'm going to walk you and your sister down the ramp where there's going to be another car waiting for you there and your going to then be escorted to the fire house. I had learned at a very young age not to go with strangers; however he assured me that he was going inform my mother about the plan.

He came back and he asked if we were ready to go, in which we all hesitantly responded "yes." We were in the cop car with another guy who had also gotten stuck so he tagged along with us as we began our walk.

The snow was past knee-high and I had never been so cold. My boots were worn and torn (just my luck) and I was wearing my pajama pants because my jeans had already been soaked from when I tried to help my mom get the car back on the road. After what seemed like forever, we finally arrived at the other car.

From there they transported us to the Wall fire house. With the conditions of the road we were told that we were going to have to stay the night. We slept on the floor with blankets and towels that they had given us. Though it was rather uncomfortable for the night, we were so grateful that these strangers extended their hands to help us.

Their goodwill didn't end there. That next morning the roads had still not yet been plowed, and their plan was to transport us to the rescue center in Tinton Falls. But after the night we had just had, all we wanted was to go home. The firemen were very understanding of our wishes.

Understanding how difficult it was going to be for us to get back to Manasquan, my mom told the fireman that her best friend lived in Belmar and that we would be very happy going there. He said "No problem," and so we gathered our stuff, got into the fire car and went to Belmar, where finally we were safely surrounded by family and friends.

Winter Had Shown No Mercy

The world became so different
In but a few hours.

The streets, the wildlife
Winter chose to devour.

Winter had shown no mercy that
night
For our loved one's people were
scared.

Due to a storm that had surprised
all
That which none had prepared.

Stuck in place
Due to the white that was on the
ground.

We needed some help and we
searched all around.

We called out they listened
They offered a hand

We had fallen and surrendered to
this blistery storm
And they helped us arise and
stand.

They were generous and kind
To say the least sincere.

They had the power to take our
fright
And allow it to disappear .

So we say thanks to you for truly
touching our hearts

An imprint you shall leave on them
this mark shall never depart.



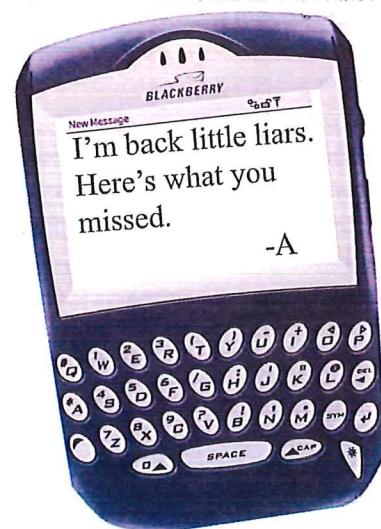
Bring In the New Year With New Evidence

Catch Up With Everyone's Favorite Liars

By: Steph Leather

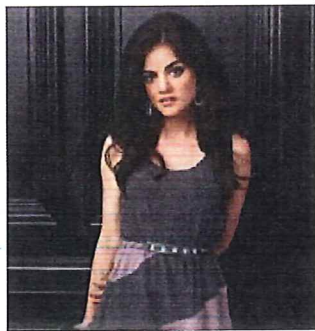
Alison disappeared during a summer sleepover; her body was never found. She left 4 best friends to wonder and grieve. And one after that night, the pain has worn off and the girls have all gone their separate ways...

The girls are about ready to put their friend behind them when A pops up. Then, who would have guessed... so does Allison's body. The friends hope to bury this monster who threatens all their deepest secrets with the body of their old friend. Tough luck. Alison's case is cracked wide open and questions surround the four girls. But what secret can put these girls away for life? They're the reason Jenna is blind. The four girls and Alison accidentally set fireworks off right into Jenna's face. The girls can't stop A, they even try blocking her; too bad she makes a house call to Spencer. Accusations fly about who A could be... Jenna, or maybe Jenna's brother? Toby, Emily's date for homecoming, was blamed for making Jenna blind. Now that's a motive. The season abruptly ends with Hanna putting the puzzle together and figuring out who A is. Too bad she gets hit by a car. What will become of Rosewood Day's little liars now?



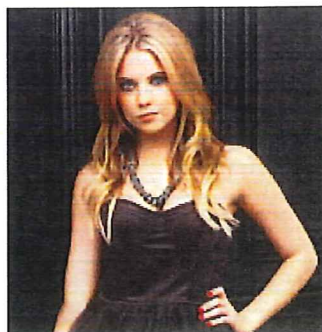
Spencer is perfect. She's captain of the lacrosse team and school perfect. Pretty smart and rich...oh, the charmed life.

Her Secret: She has an obsession with taking from her perfect older sister; her boyfriend, her fiancé, and her essay, which wins an award... someone is in way over her head.



Hanna has taken over Alison's "It girl" power. Oh yeah, and her favorite hobby? Shoplifting. But what happened when she gets caught? Her mom steps in to keep her daughter's image perfect...

Her Secret: How did this once chubby girl go from extra pounds to extra friends? Shhhhhhhh....



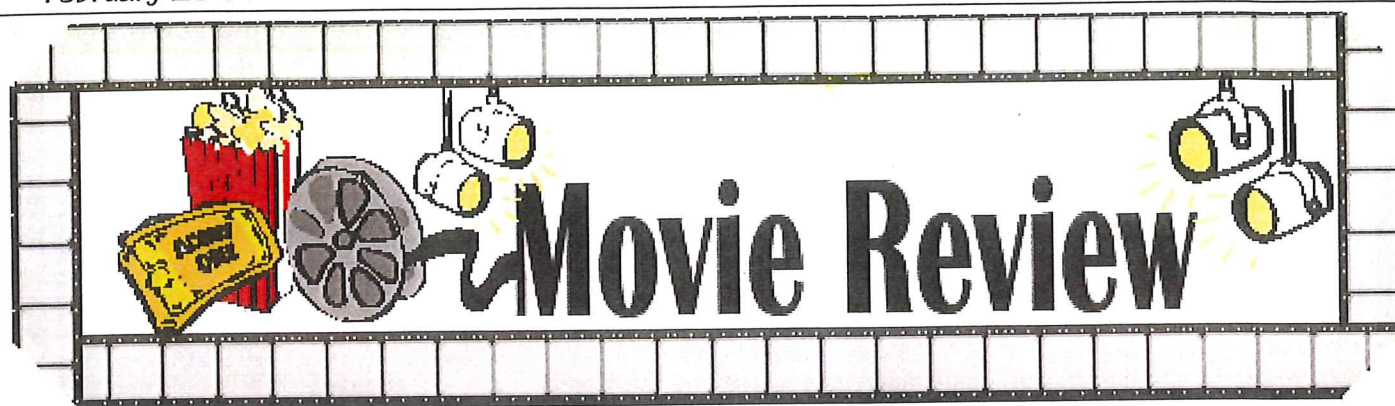
Aria has just returned to town after spending a year overseas. With a new look and the confidence to back it up, she seems to have a bright future.

Her Secret: She knows that dad had an affair with one of his ex-students at the college. She has to keep it from her mom. And she had a fling with her English teacher. Oops?



Emily is an athlete out to discover who she is and all that. She was Alison's best friend and has yet to replace her. But when Maya moves in to Alison's old house, her prayers are answered.

Her Secret: Emily was in love with Alison, they even kissed. What happens when Emily feels the same way towards Maya? Scandals fly.



Movie Review

A new, artistic and psychological thriller is sweeping the nation! With its beautiful cinematography, accurate and effective acting, and a captivating plot *Black Swan* keeps viewers not only interested and on the edge of their seats, but also results in viewers questioning their sanity upon exiting the theater. Directed by Darren Aronofsky, *Black Swan*, the independent film transformed into blockbuster, was in the workings for ten years prior to the movie's ultimate release.

With little money to spare, Darren Aronofsky asked Academy Award Nominee Natalie Portman to perform the role of Nina, the delicate and dangerously obsessive Ballerina who soon becomes over-engulfed in her role as the Swan Queen in the well-known "Swan Lake Ballet". Natalie Portman immediately accepted the role, and began to undergo professional ballet training in order to prepare for the film. Having some prior experience as a dancer, Natalie's natural fluidity was convincing, for most audience members were more than fooled in believing her character's ballet skills. But, as the director stated himself on "MTV", actual ballerinas will notice how Natalie and Aronofsky had "cheated" in regards to some ballet technique. However, dancing skills aside, Natalie played an effortless and emotionally captivating Nina.

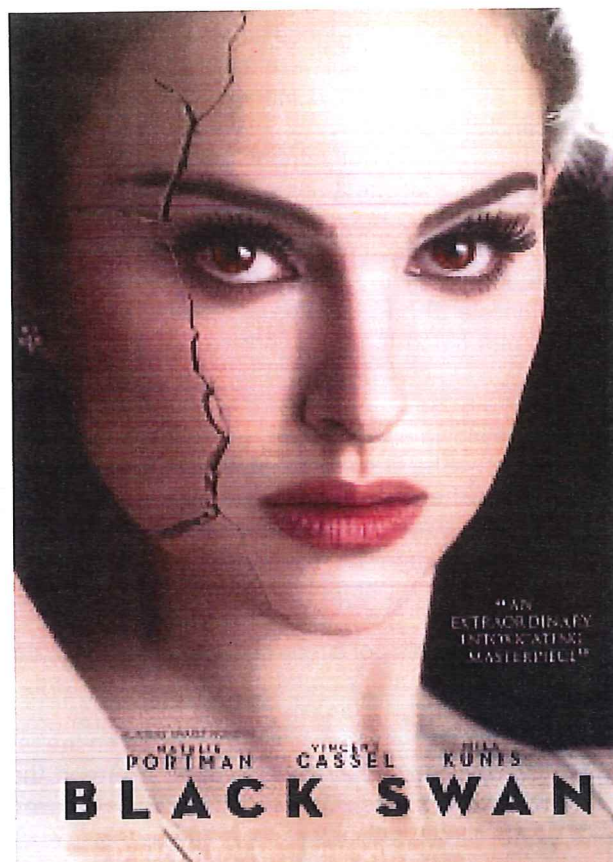
The story of *Black Swan* begins with Natalie's character, Nina, who is a dedicated ballerina in a prominent New York City ballet company. When the ballet company prepares to put on a new and improved production of *Black Swan*, the director (played by Thomas Leroy) wants to dispose of the old, and embrace the new. In doing this, he politely fires the company's star ballerina, Beth (played, shockingly, by Winona Ryder). Beth was infamous for her ability to portray The White Swan, the dainty and graceful swan, and also the Black swan, the deviant and sinful swan that steal's the former's lover. Once Nina is unexpectedly

handed the role of the Swan Queen, she is psychologically burdened by trying to embrace her "Black Swan". With pressures from her mother, and constant dictations from the director to "lose herself", nervous and anxious Nina becomes lost as she is increasingly intimidated by a new deviant dancer and in the ballet company, Lily (played by Mila Kunis). This, coupled with multiple illusions and experiences of her destructive delusional mind, Nina's obsession with being "perfect" ultimately leads to her own downfall.

Thomas Leroy plays an extremely convincing ballet director, portraying the gritty and unglamorous reality of the entertainment business. He is effective in portraying a man who seduces ballet dancers by the numbers, including Winona Ryder's character of Beth. Such a surprise to viewers, Winona Ryder makes a come-back after years of little performance, due to her criminal background. She was believable as the drunk and viciously depressed Beth.

Opposite to Natalie's character of Nina, Mila Kunis impresses viewers nationally in her portrayal of Lily, the sex-drugs- and rock and roll ballerina that newly joins the New York Ballet Company. A step up from her role on the teen idolized "That 70's Show" Mila proved to be an extremely substantial actress. Most effective was her ability to portray Lily, the "bad girl", while still being extremely likeable. For this reason, the audience further understands that Lily's malicious actions were simply products of Nina's overtaken imagination.

In addition to the brilliant acting, it is impossible to miss the director's



By: Al Califano

creative and puzzling cinematography choices. From Nina's nervous tendencies (scratching her back) to her ambiguous removal of her earrings, Aronofsky offered the audience multiple factors to help them understand when and how Nina transformed from her innocent, White Swan side into her deviant, Black Swan side. This, along with the impressive dance performances, and best-of-the-best acting, certainly makes *Black Swan* one of the greatest movies of 2010, which is undoubtedly the reason for the movie's four golden globe nominations, in addition to countless others. *Black Swan* was creatively intriguing, emotionally impacting, and extremely well acted; it was perfect.

An ABC Family Original: Mean Girls 2

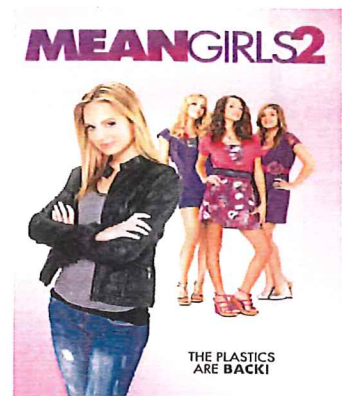
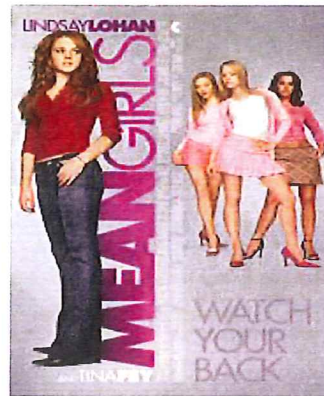
By: Paige Alden

No one can forget *Mean Girls* (2004): The Plastics, new girl Cady, and especially all the bullying! Clearly, the idea of bullying is once again being reinforced to teenagers today. However, the movie *Mean Girls 2*, makes it geared more toward teenage girls where bullying is still concentrated today.

Of course the movie is there for your entertainment, but this is such a hot topic that a lot of people have to look at it like a lesson. The movie may not be as clever and successful as the first one, but you could still learn from it.

Where *Mean Girls* focused more on Cady (Lindsey Lohan) wanting to fit in, *Mean Girls 2* centers in on Jo Mitchell (Meaghan Jette Martin) who decides to become friends with an outcast, Abby (Jennifer Stone). Jo does this so Abby's very rich father can pay for all her costs for college. The two team up to take on The Plastics, who still rule the school. The Plastics are now Mandi (Maiara Walsh), Hope (Nicole Anderson), and Chastity (Claire Holt).

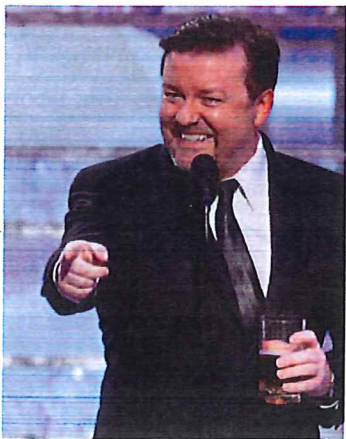
Girls in high school should really be paying attention to this movie. The first one shows a lot more of the factors that make teens bully. A lot of it starts with rumors and gossip. We all know everybody does this. However, the new version seems to be looking on the brighter side of the spectrum. In *Mean Girls 2* Jo (who is the new Cady) teams up with her new friend to defend themselves against The Plastics.



Together Jo and Abby stand up for not only themselves but the other girls in school getting picked on. This shows you that you don't have to be afraid of girls that are prettier than you, or may look like they have everything a girl in high school needs to survive. Because in reality, they are probably insecure. Everyone is insecure, but there are some people who feel like they need to take their insecurity out on other people to make them feel bad about themselves. Both movies are great lessons.

Do you really need to see this movie to understand the negatives of bullying? No, you don't. But watching it be displayed in some ways that can be very real in school may make you want to stand up for the girl who seems a little lost.

The film premiered in early January on ABC Family. On January 23 there will be a "Mean Girls": Double Feature. This will start with the original *Mean Girls* and after you can see the new one! Tune in and learn a lesson!



Golden Globes Stained by Host Ricky Gervais's Gaffes

By Alfred Califano

On Sunday, January 16th, the cast and crew of "The Social Network" were glowing as they gained the highest number of Golden Globes Awards! Taking home the prizes for Best Motion Picture, Best Director, Best Screenplay, and Best Original Score, *The Social Network* will surely prove to be a memorable

film during this year's award season. Despite the collective happiness of the winners- also including Natalie Portman for "Black Swan", Collin Firth for "The Kings Speech", and Christian Bale for "The Fighter"- this year's host, Ricky Gervais, can be held responsible for an additional collective feeling of degradation and insult among the Golden Globe audience members.

Because of his actions during the night, including questioning an actor's (who shall rename nameless) sexuality and insulting another actor's alcoholic tendencies, Gervais was fired from the Golden Globes and will not be asked to return to host next year's ceremony. During an interview with Fox News,

Gervais remarks upon his actions by saying, "I think last year I didn't go far enough. This year, I went about right. If anyone was offended, then I don't care." In

his defense, the Golden Globe coming attractions did, indeed, display Gervais hinting of his plans to make fun of the celebrities at the award show; he followed through with no reservations.

On a more positive note, it seemed that this year's Golden Globes were presented to the best movies, as a whole, in a few years. From "Inception" to "Black Swan" and "The King's Speech", originality was certainly on the movie makers' minds. Of course, with originality, comes familiarity, and *Glee*- the singing, dancing comedic television show already beginning its 3rd season- brought home three awards; one for Jane Lynch in her portrayal of Sue Sylvester, one for Chris Colfer in his hilarious portrayal of Kurt, and the overall award for Best Comedic Television Series.

So, as winners of the grinned away upon their exit from the ceremony, gossip immediately ensued regarding Ricky Gervais's controversial statements. Thus, with the greatest actors and most glorious movies taking home the prizes, and some God-Awful backhanded comments from Gervais, the 2011 Golden Globes will surely remain on viewers' DVRs for a long while!

WHAT 2011 BABIES WON'T KNOW

BY: ANNIE ZAPPULLA

Think of all the new technology that has upgraded our lives dramatically. We all know how differently it used to be. We may be filled with this knowledge, but we were never able to be present to experience the transformation. As days and years continue to pass, more creative knowledge is being brought upon us to reinvent many ideas. Consider all this past technology. Now consider all the 2011 newborn babies who will never know about it.

VIDEOTAPES – Videotapes are one of the many items that have been replaced for about fifteen years. Many still own films today, but it isn't their first option if one person wanted to watch a movie. Nowadays, individuals turn to DVDs. Another more recent technology is On Demand. You can easily have many movies available to you right on your TV. So in a few years, I'm sure the family of the newborn won't have any more of the old-fashioned videotapes, but will supply many DVDS and On Demand features.



RADIO – Tons of Americans listen to the radio every day. The radio consists of radio talks, weather, celebrity gossip, traffic reports, and, of course, music. Recently, a new application has been created where you do not have to search for a non-static station to enjoy your favorite music. Instead, you can visit Pandora.com. At Pandora, you can create multiple radio stations of your own and get the right kind of music for you! No more boring commercials and over played songs for anyone, especially this year's new babies.

RECORDS/ CASSETTES – The first thing that booted out records and cassettes were the convenient CDs. Everyone you knew had their own CD player, or Walkman, so you can listen to all your favorite bands on the product control and



as CDs have no comparison to any iPod made where you can download thousands of songs onto one small device (and continuing to decrease in size every year). Once the children of 2011 become old enough, it's predictable that they will be the proud owners of an iPod.

BOOKS – Books have come a long way. Everyone has read one in their lifetime and that's how it will always be. There are many people who simply love the feel, smell, and connection you can receive from a single book. I believe you will never be able to replace books, but some people feel differently by producing The Kindle. A Kindle is a portable e-book device that provides wireless downloads. It weighs only 10 ounces and you can hold more than 200 books, blogs, and/or newspapers. Getting more and more popular each day, I'm sure many will be seen holding a Kindle in the near future.



MAPS – In order to find your way around a new area, individuals would use paper maps. These would not only get in your way, but they were very confusing to understand being typed in small font which caused many to get lost. The classic map has currently been replaced with a GPS. Giving you easy to follow directions as you drive toward your destination and clear audio, several cars now contain a GPS, completely forgetting about paper maps. When old enough to drive, it is expected that numerous 2011 newborn's vehicles will hold a built-in GPS.

COMPUTERS – Computers have grown a lot over the years. Older plug-in computers are no longer sold because of their slowness. They are very problematic with their large capacity, many sockets, and complications. The easier and safer way to go is to purchase a laptop. Since laptops have more reliability and convenience toward you, many do not own the bulky computers. When 2011 babies grow up, they won't be able to comprehend why these clumsy computers were even in existence.



TELEVISIONS – TV's are another product which has grown largely. Starting out with black and white features and containing only single digit channels, we now have large flat screen televisions containing thousands of channels. As each year goes on, they become larger in size and smaller in width. Recently, they have even designed them to be three dimensional. Like myself with the knowledge of black and white television,

2011 youths will be curious what it was like to experience everyday TV shows not in a



three dimensional feature.

LONG LOST FAMILY/FRIENDS

– Facebook is an application that has hit the roof with popularity. From siblings in elementary school to your own mothers and grandmothers, they all happen to have a Facebook that you may or may not be aware of. This application lets you stay in touch with family, friends, business partners, etc. You can easily know what's going on with anyone of your 'Facebook friends' with the click of a mouse. So, all you 2011 babies can say goodbye to the grief of missing a long lost family member or friend once you sign onto Facebook.com.

As I sum up the most common items that 2011 newborns won't know about



I would just like to mention how cellphones have changed as a product and for the lives of every human being. Cellphones such as iPhones and Blackberries contain anything and everything you would need in the palm of your hand. Many Americans own this technology for business or even just for pleasure because of the various convenient applications it contains. Before you know it, the appropriate age will come to these 2011 babies and they will enjoy them as well.

By the time the 2011 babies can understand these concepts, all of these simple names wouldn't even be in their vocabulary. I could probably fill up two full pages about what newborns this year won't understand with technology, but every day the number continues to increase. Some other technology that is being discarded is wired phones, dictionaries and encyclopedias, film cameras, mail, commercials, and many more. If all these items are getting discarded, think of all the new devices that will be in our presence in a couple of years.

Senior Birthdays...

Sarah Morgan 2/1/93

Catherine Peters 2/4/93

Maura McLaughlin 2/10/93

Maite Arenas 2/13/10

Leigh-Ann Baragona 2/13/93

Jamie Lewis 2/22/93

Michael Sellitto 2/22/93

Morgan Davis 2/23/93

Hayley Carpinello 2/25/93

Makaela Newsome 2/25/93

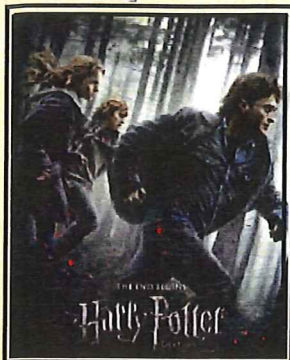
Gwynne & Paige Alden 2/27/93

Shane Best 2/27/93

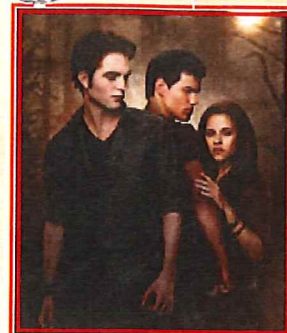


Harry Potter vs Twilight

By: Mary Cavagnaro



The mega-series of Harry Potter and Twilight have been going head to head since the series' were written by J.K. Rowling and Stephanie Meyer. Some seem to say they cannot be compared but we believe they can. In some ways they are similar, three strong major characters (two boys and a girl), supernatural powers and magic and serious conflict of the heart, mind and body. But, can one be better than the other? This is what the internet war has been fueled by since the beginning. We're going to break it down into three major categories and let you decide.



Characters

Harry VS Edward

An student who asked to remain anonymous said "Harry, because he isn't obsessive. Harry has more personality, he feels more real. It isn't just about getting the girl, I can really feel his personality. Edward is very flat as a character. He has no personality, and everything is all about Bella."

Edward Cullen

The hunky vampire that sweeps Bella Swan off her feet into a romantic but dangerous world of love and lies.

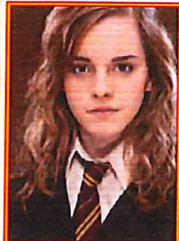
Harry Potter

Our favorite, bespectacled wizard who has saved the fate of the wizarding world, more than once.

Hermione Granger



The smartest witch in her year and an amazing friend, Hermione has been a great help to bringing the Dark Lord down.



Ron Weasley

Everyone's favorite ginger, Ron Weasley is Harry's best friend and sticks with him until the very end.



Hermione VS Bella

Maureen Docker, an avid reader stated, "Hermione is someone to look up to; she is a noble person with the heart of a lion. Not afraid to be herself, at all. She always tries embrace people for who they are. She's a tough fighter. Hermione has goals, wants to help others."

The only thing Bella is after is becoming a soulless vampire. She is obsessed with love and her own well-being, has no goals except for being with Edward.

I just love Hermione."

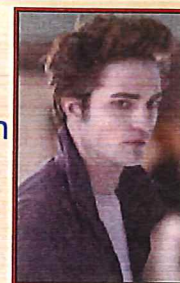
Ron VS Jacob

Many say these two cannot be compared but we disagree. Ron is the best friend who always seems to be in Harry's shadow and can't say anything right. Jacob also lives in this situation.



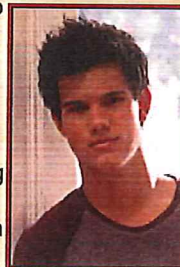
Bella Swan

The not-so-elegant but very relateable protagonist who falls in love with a boy, who turns out to be a vampire.



Jacob Black

A family friend of Bella's, Jacob proves to be a strong friend of her's when she needs him but cannot seem to ever win Bella's heart. P.s.- He's a werewolf



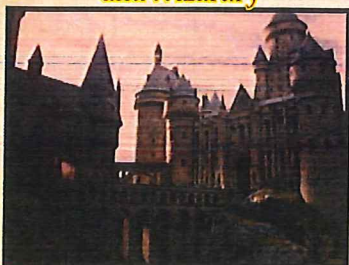
Forks & LaPush, Washington



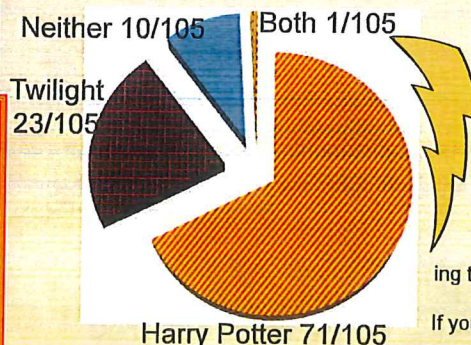
Places

For every great story, there needs to be a setting. Which place is more real to you and where would you rather go? Senior Piage Bounassi said, "Absolutely Hogwarts! I can actually go there now in Universal Studios!" Many Twilight fans have made cross-country trips to Washington State and visiting the sites where the movie was filmed.

Hogwarts School Of Witchcraft and Wizardry



The B&G took a poll with 105 random students, teachers and staff. Harry Potter dominated by a landslide. A surprising amount of boys liked Twilight (even though they didn't want to admit it!) More girls had opinions than boys, they were being shy! The voters were very excited to tell us who they loved more.



For those who don't read, these novels have been adapted into movies. With a unanimous vote, the Harry Potter series was adapted better than Twilight. I feel the acting was sub-par and they honestly could have done better with the effects. "Harry Potter was spectacularly adapted to film, and since J.K Rowling was on the set for most of the films, everything is spot on."

Books to Movies

Overall Opinion

The fight will continue to rage in the media about these two fictions but this school seems very much voted towards Harry Potter. We understand that there are Twilight fans among us HP fans and we are not trying to slam anyone book/series but it is clear that the school is very one sided. The Boy Who Lived prevails! If you think this article was not true in representing the school, write to the Blue & Gray and let us know how you feel!



Dear Samm,

I am 16 and going to meet my girlfriend's parents soon. She is from a strict Christian family, whereas I don't believe in any kind of God. I really want to impress her parents because I like her so much. I need to know some basics such as how to address them and how to let them know that I'm a good kid. I'm afraid that if I make a bad first impression that they will hate me, and I'm almost sure that if they don't like me it will make the relationship much harder. I really like this girl, and I would love for this meeting to go well. Please give me any tips you might have. Thank you!

-No Religion Romancer

Dear Romancer,

Don't worry. I am sure that they will like getting to know you just the way you are. I think as long as you are clear about your beliefs with them you will make a lasting impression. I would suggest calling them Mr. and Mrs. _____ because that is the most respectable thing to do. Make sure you let them know how much you say you like their daughter, but not too much! (If you catch my drift!) Make sure you also wear something dress-casual!

love always,
samm<3.

Dear Samm,

I really like this guy I've known since the first grade. We're both in high school and go to different schools. I see him almost every Sunday. I want to ask him out but I don't know if I should. My friends are telling me that it's weird for a girl to ask a guy out. I don't know what to do. Do you think you can help me?

- Curious

Dear Samm,

Do you think it's possible to be in love with a person over the Internet. I've met this guy online and we've been talking for quite some time. I've never ever met anyone I could trust as much. I would like to continue our relationship and make it grow. But I am afraid that people are going to think I am weird. It's not that I went looking for this, it's just that the boys around Squan are shallow and immature. He says he loves me a lot. He helps me with my problems and makes me feel special. I really do think he loves me. He hasn't lied to me, I just know he hasn't and he really wants to meet me and I love him so very much.

What should I do?

- In an Online Love.

Dear In an Online Love,

Honestly, you don't truly know this boy. You just know who he says he is. He could be a totally different person. What you're feeling isn't truly love. You seem like you're just discouraged with the boys around here, so you needed to find someone else. Meeting him could be dangerous, so if you ever plan to you MUST have someone older who you trust come with you. If you become disappointed with him once you see him you could be hurt really badly. So, be aware that what you think you will find when (if) you meet might not be what you're expecting. Good Luck.

Love,
samm<3.

Dear Curious,

I think if you know him well and you've been friends for that long you should definitely ask him out. It's better to get to know someone before you start dating because the relationship will probably last longer. One thing I've learned in the last few years is that it's dumb to go out with someone you couldn't possibly be friends with. Otherwise what will you talk about and what would the point be? Another thing, asking a guy out can sometimes be nerve wracking but it shows that you aren't afraid of trying something different or new. Be yourself, there are guys out there who appreciate a girl with self-confidence.

Love,
samm<3.

Need advice? Email Samm at theblueandgray@yahoo.com, drop a letter in locker 219, or in Mr. Mawn's mailbox.

By Paige Alden
&
Gwynne Alden

Horoscopes

Page design: Mary Cavagnaro



Aries

(Mar. 21-Apr. 19) **(April 18-May 13)**

This month, use your energy for constructive use.

You are probably very focused on what matters and is useful-just worry about practical matters. An ambitious period will occur in your life this month due to the fact that you put a lot of emphasis on your job or reputation. You desire personal freedom.

Many changes will occur and will make dramatic changes.



Gemini

(May 21-Jun. 20) **(June 21-July 20)**

Relationships and negotiations are improving this month. There is much activity in the areas of finance, emotional support, and intimate matters. It's a good time to clear up any financial problems and getting started on a new plan.



Cancer

(June 21-July 20) **(July 20-Aug. 10)**

Your life has changed. You should understand big world problems that are going on right now, but understand them deeply unless you will feel dull and far behind from everyone else. Since you tend to be an influential person and a good teacher you need to be challenged. Opinions of yours about beauty and history should be changed.



Libra

(September 23 -October 22)

(Oct. 30 - Nov. 23) Make sure to not expose yourself to too much around you this month, Libra.

You want to think about your professional life especially, and consider its future possibilities and productivity. You may have already achieved this, but it's not a bad idea to do it again. Your future's horizon is expanding- and it's about time.



Taurus

(Apr. 20-May 20) **(May 13-June 21)**

You have a desire for changes from your normal routine this month. Many things are on your mind: travel, higher education, and other experiences. Many challenges are thrown at you, thankfully revolving around your work and responsibilities. New opportunities are expected to come through with friends. It's a good month to clear up problems related to financial issues. Do whatever you can to sort out this part of your life.



Leo

(July 21-Aug. 22) **(Aug. 10-Sept. 16)**

You are becoming pragmatic now. Also, more efficient and organized! Everything at your work is very serious; almost to the point of too much responsibility for you. This will create tension in all areas in your life. More so that you can't handle personal things. You will need laughter to help you through!

Worried about changing horoscopes? Relax, the change only applies to anyone **born after the change year**. This means anyone born in 2011 or later will use the red dates. They also can have the newest sign!



Capricorn

(December 22 -January 19) **(Jan. 20 - Feb. 16)**

Sorry Capricorn, you're going to be finding yourself very, very depressed this month- with lots of crying.

You will most likely be looking for relationships and love to get you out of this mood you're in. But this is good for you; you tend to be in this sort of trap and this will help you get out of it. It's ok, this will all pass.



Virgo

(Aug. 23-Sept. 22) **(Sept. 16-Oct. 30)** Make your time very conservative right now; limit yourself to what is safe. Things that make you happy won't get to in the way. Just be sure to cultivate things that are productive and important.



Ophiuchus

(November 30-December 17): Use your talents for good this month. There are many people who enjoy what you do and they are in need of help. Along with being a talented person, you have a big heart. Someone may be in trouble and is looking for a friend. You are this person. Don't be afraid if someone gives you a funny look for stepping outside of the box to do something nice for someone. There is always room for kindness.



Pisces

(February 19 -March 20) **(March 11-April 18)** You have so many hopes and dreams, Pisces. When you love what you do, you are extremely responsible and organized. But in groups you're your goals are often unreachable, unfortunately. But don't let that bring you down- everyone has something to offer that they are good at and you're time will come.



Aquarius

(January 20 -February 18) **(Feb. 16 - March 11)**

You're probably feeling stress and overwhelmed right now, Aquarius.

You're going to start feeling a bit depressed but- this is NOT the end of the world. This is only a passing period of time and you need this rest.

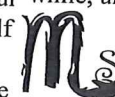
Try doing something creative like writing or exercising, to get out of this feeling and it will all pass by smoothly.



Sagittarius

(November 22 -December 21) **(Dec. 17 - Jan. 20)**

Emotional turbulence and agitation may be felt this month. You seem to be acting a little moody and sulky right now, Sagittarius. You're in need to love and money, a lot of it. You're going to be experiencing some changes though. You might want to repose yourself and relax somewhere for a while, until this all passes.

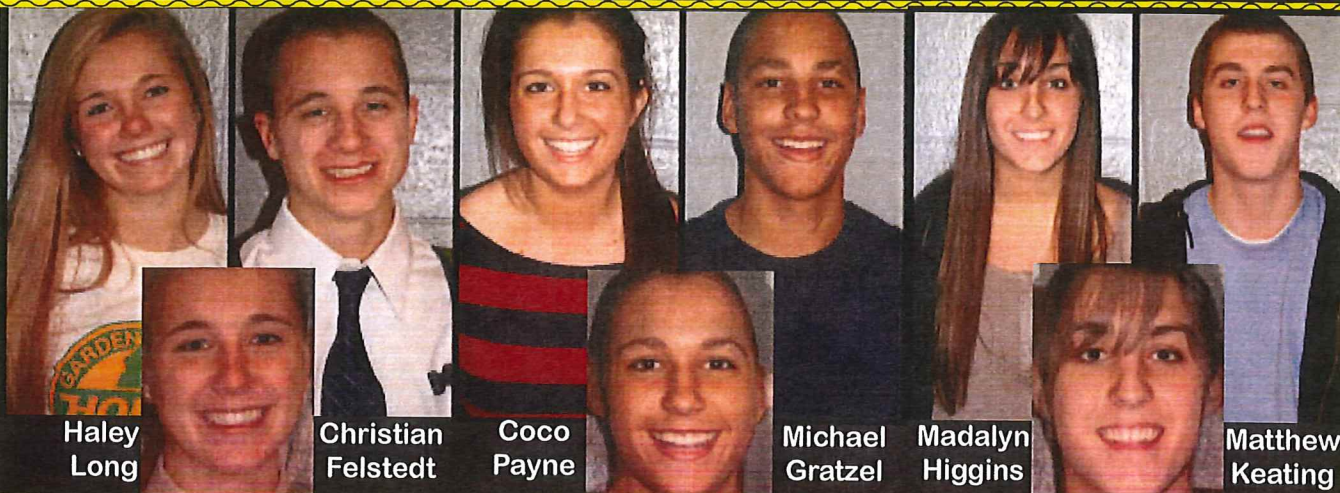


Scorpio

(October 23 -November 21) **(Nov. 23 - Nov. 29)**

It's time to take a road trip, Scorpio. Get out of your bubble, go find someplace to go and stay there for a long time. Find yourself, discover new things. Why do you need to do this? Because your future is slowly being limited. You're bored with your life right now and you need something out of the ordinary to take you out of it.

Juniors



Seniors

Fran Bongiovanni & Pat Petrone



Karen Cindea & Bryan Palsi



Nick McWilliams & Liz Kelsey

Mike Scangeralla & Devon Reynolds



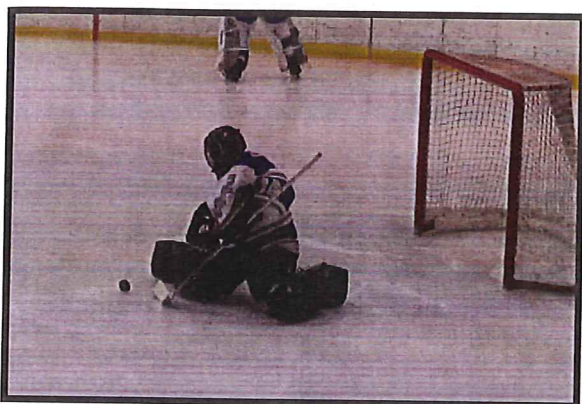
BLUE & GRAY SPORTS



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Manasquan Warriors Dominate the Ice Hockey Team Claims Division Championship

By: John Karwecki



Goalie Bronson Ligouri has proven to be a valuable asset to the Manasquan ice hockey team.

The Warriors ice hockey team was crowned as the Division Champion on Wednesday, February 2nd, after defeating the Rumson Fair Haven Bulldogs. Several games earlier, Manasquan had played the Bulldogs and unfortunately lost 5-3. Manasquan took full advantage of the rematch, winning the game 3-1 with goals from junior Charlie Mills, senior Kyle Wainwright, and senior Kahle Young.

Manasquan claimed the Championship with a 10-4-1 record for the current season with the help of some star players. Sophomore Connor Grogan from the Academy of Allied Health and Science, Manasquan's leading goal scorer, currently has 60 points, the highest in the shore conference. He has scored an impressive 26 goals this year as well as 34 assists.

Meanwhile, team captain Kyle Wainwright has scored 15 goals out of 116 shots and provided 14 assists. Junior Charlie Mills of Point Pleasant

Beach High School has scored 16 goals and sophomore Chris Miller has scored 18 goals this season. Each of their outstanding records averages out to equal at least one goal per game per player. Their teammate, senior Tyler Place, has also accomplished a high total, scoring 13 goals since the beginning of the season.

However, the Warriors would never have claimed their Division title without the skill and effort put forth by their goalie, freshman Bronson Ligouri from Point Pleasant High School.

Out of 452 shots, Ligouri has saved 407 throughout the season. He has also provided the team with a shut out against Toms River East High School, allowing the Warriors to win 10-0. His performance was at its best the night of the rematch against the Bulldogs. Despite a ferocious offense using every strategy they know to overtake the Warrior goalie, Ligouri let only one goal slip by.

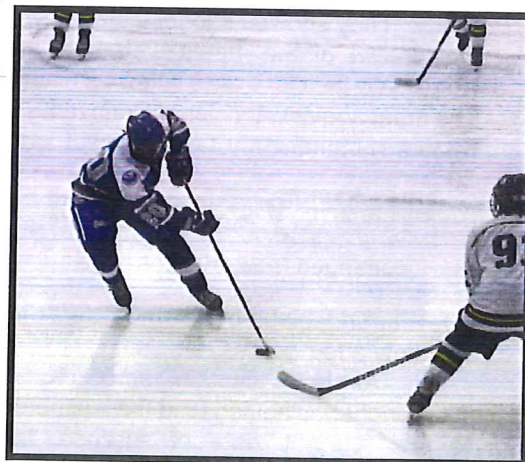
Several weeks before the game, Manasquan played the Bulldogs at The Armory in Red Bank. Even though Manasquan played hard, they were not able to edge out the Bulldogs. Despite goals scored by Connor Grogan, Charlie Mills, and Chris Miller, the game ended as a loss for the Warriors at 5-3. When they took to the ice to battle the Bulldogs yet again, their determination to prove

their team's worth led them to shut down their rivals and claim the coveted Division Championship.

Upon winning the Division Championship, junior Will Conte exclaimed his joy and pride in his fellow teammates. "The team as a whole played very well and I was happy with the results of the game," he said. "We played as a higher level team and the results really showed." Conte has

The outstanding performance put forth by the ice hockey team has lead to a great fanbase of students and parents coming out to support their favorite players. At each game, home or away, Manasquan fans have packed the stands and continuously cheered on the Warriors. The capturing of the Division Championship is sure to bring even more fans to the rink as the team completes

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Senior James Margetis skates past a player on the opposing team.



BLUE & GRAY SPORTS

Page 4-1

Girls Basketball has a "shot" at #1

By Paige Alden and Melissa Mastroilli

In life, and in team sports, agreeing is needed in order to achieve goals and succeed. The girls of the Manasquan Girls Basketball team seem to agree on many things- which is part of the reason they are doing amazingly well this season.

Junior sensation, Michaela Mabrey, told us "the team is doing very well". This humble assessment does not do justice though. As of Wednesday, February 9, the team holds first place in the Class C Central division, with a league record of 9-1. Overall, the team record is a stellar 16-4.

Mabrey, serves as a leader to the team. Along with looking up to the 5'9 guard, the team is very dependent her scoring. She leads the Shore Conference, scoring over 25 points per game.

The girls agree that Point Boro is their biggest challenge right now. Manasquan suffered a disappointing loss at home to Point Boro's aggressive

girls on January 4th, by a final score of 58-52.

So the Shore Conference Class C showdown on January 25th was an exhilarating opportunity to return the favor, get some revenge and pull through with a win. The game was extremely intense. Entering the fourth quarter



Above left: Sophomore JR Hobbie goes up for a shot against Wall; above right: the girls scramble for a loose ball..

with Point Boro ahead by two, Mabrey brought high spirits to the crowd by scoring 15 of her game-high 31 points, while freshman Katelynn Flaherty

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Boys Basketball Strives for States

One game under .500 - Still Hope

By: Hannah Roesler and Karen Cindea

Known for its strong athletic teams with even stronger leaders, the Manasquan High School boys basketball team has been a powerhouse in recent years, led by seniors

major adjustments.

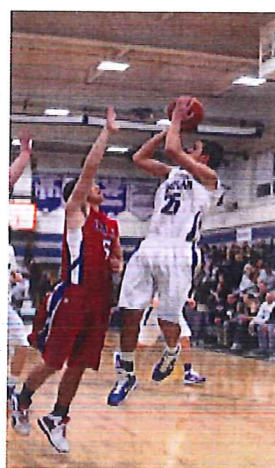
While the team's has not sufficed to the usual standards so far, they are slowly making progress. Led by a younger group of players, the Warriors are getting better day by day. With a record of 5-7, including two very big, crucial wins against Wall, the Warriors seem to be on the right track.

Squan's avid basketball fans have taken notice.

"The loud, enthusiastic fans that come to all the games are the best part," agree sophomore Jimmy Walsh, the team's leading scorer, and senior Ryan Casey.

The boys season reached a peak when they defeated rival Wall on Tuesday, February 1. Playing on Wall's home court in front of a hostile crowd, the Warriors sprinted past the Knights, beating them by a score of 49-34. Sophomore JR Hobbie scored 21 points in the victory. The win improved Squans record to 4-7.

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and chasing state championships. But after losing all five starters, including all-time leading scorer Matt Vadas, this year the boys have had to make some



BLUE & GRAY SPORTS

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Manasquan Wrestling Show Quality Performances from the

By: Annie Zapulla

"Last year I had mainly freshmen and sophomores starting varsity," said Coach Voskian. "I really wanted to establish discipline and our style of coaching. I wanted to weed out the kids who were a problem to the program and we were looking to turn a corner."

Coach Voskian did just that. Despite losing two seniors from last year, three well experienced seniors have returned to lead the team this year.

When asked how the season is going, Voskian said that the wrestlers are "on a roll." As of Wednesday, February 9, the team had won 3 of its last 4 matches, falling to Point Beach but defeating Lakewood, St. Rose and Keyport.

Voskian added that he is impressed with the leadership of the upperclassmen this year. Benjamin Warner, Michael Panzino, Conner Schobel, Jack Cuttrel, and Corey Phillips, have all stepped up in order to lead the program.

The 2010-2011 wrestling season started off on a serious note, as Voskian explained technique to the team. This was an area of concern to the coach, something he felt they struggled with last season. The first thing Coach Voskian noticed that was different about this year was that it started off slow, but they are improving dramatically. With many of last year's wrestlers returning, they are now very knowledgeable and ready for each match this year.

After a rocky start to the season,

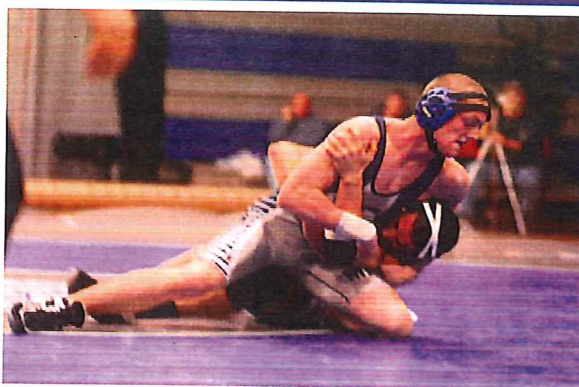
Voskian said that the team's record is not an indication of how well the team is doing, because each individual is excelling at this point. Out of the fourteen weight classes, the team is missing two which is a huge effect on the team's record. These classes range from 103 to 285 pounds. Along with the loss of two weight classes, several inexperienced freshmen must battle more experienced wrestlers each week.

Junior Cassin Loures has come back to face another season, after an impressive record of 21-7 last year. Loures placed third at the Holmdel Holiday Tournament. Phillips, Panzino, and Schobel also have returned with records over 10 wins last year.

"Wrestling is a sport that not only changes a person's physical attributes, but changes you mentally by hard work and commitment," says Casey Wyckoff and Christian Felstedt, both juniors.

These two very dedicated teammates are seeing a lot of improvement throughout the team. Everyone is showing team skills which are increasing their wins.

Manasquan's first meet was the Icebreaker Tournament at Matawan High School on December 8. They happened to struggle along this tourney, but came back with some excellent performances in the season opening tournament. These performances came from Cassin Loures, Conner Schobel, and Matt Forst



who all placed fourth for the Warriors.

Having won many matches already, the competition they were most excited about had just passed on January 26. This match was against St. Rose at St. Rose High School. Fortunately, they were able to walk away with a win. With that win, they are now going on a winning streak.

With high expectations, we all hope our wrestling Warriors can keep this streak going! We have already seen great improvement, now we can continue to add more wins to our record.

Winter Track

continued on next page

schools such as Wall, Lakewood, and St. Rose. Tom Flannery, Tyler Dwyer, Dan Ehrola and Dan Galvan have also been preparing for their meets as best they can. The team has been working hard and putting their best foot forward.

Unfortunately with the snow the team has had to resort to unusual methods for training. Ms. Zdanowicz told the Blue and Gray that the team, "Did circuits in the hallways, used the Elementary school whenever possible, and Zumba!"

Best of wishes to Michaela Read, who will be competing in the hurdles and high jump at States. Everyone at Manasquan is rooting for her.



Aside from winning countless titles, the team has brought a remarkable amount of attention to women's sports. "I just know there wouldn't be this many people in the room if we were chasing a women's record," Coach Auriemma said during a press conference after his team won their 89th consecutive game. "The reason everybody is having a heart attack the last four or five days is a bunch of women are threatening to break a men's record, and everybody is all up in arms about it." Many basketball fans are outraged that a women's team may be better than a men's and have not been afraid to show it. But whether

they like it or not, breaking the biggest record in NCAA basketball that was previously held by men has confirmed that the women of UConn truly are the top college team in history.

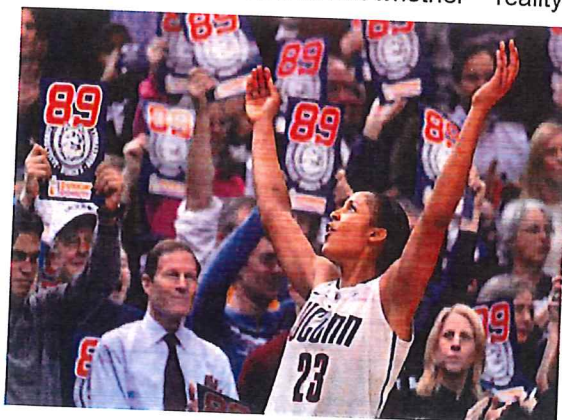
Unfortunately, the Huskies' luck finally ran out in a game against the No. 9 team, Stanford. After winning their 90th consecutive game against the University of Pacific Tigers 85-42 to extend their record even more, UConn met their match. Stanford led the game from the very start and eventually beat the Huskies 71-59. "At some point reality had to set in, and today reality set in," Coach Auriemma said

while reacting to the team's tragic loss. "I'm not destroyed about it. Winning that many games in a row, it's unheard of." Even Stanford coach Tara VanDerveer was in awe of the talent UConn displayed throughout their winning streak, stating "Congratulations to Connecticut for an awesome streak, and they gave us a great game."

Despite reaching the end of their phenomenal run, the Huskies continue to hold their heads high and look forward to

winning their future games. Although no longer maintaining an undefeated title, UConn's glory days in basketball are far from over. They quickly bounced back from the devastating blow in a game against Villanova University, winning 81-35. All-star Maya Moore spoke about her team's quick recovery, explaining "We don't judge our games by the score, but by how well we play and how well we execute. We did a lot of things that are going to help us and it's something we can build on. So we're not satisfied, but we are happy with the steps we made."

Although the excitement over breaking the record may have died down since the Huskies' undefeated streak reached its end, UConn fans still have plenty to cheer about. While the women's basketball team was blowing past any competition on the court, the men's football team was busy making history of their own. After winning a game against South Florida by a 57 yard field goal, the team was granted a BCS bid and played in the Tostitos Fiesta Bowl for the first time ever. With record-breaking victories and an enormous fanbase behind them, the UConn Huskies are definitely proving to be the top dog of college sports.



Maya Moore celebrates after winning her 89th consecutive game.

Squan-a-thon Poster Party

Help make posters to
decorate the gym at
Squan-a-thon!

Refreshments will
be served.

Things to Bring:

Markers
Colored Pencils
Crayons
Glue
Glitter



...and anything else you can find to decorate
your posters!!

February 10th, 2011
2:30 in the
Media Center

Girls Basketball Has a Shot

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made 12 of her 22. Strong leaders led the Warriors to finish the game with a vital 64-52 win over the Panthers, who were ranked sixth in the Asbury Park Press Top 10. Manasquan ended up with an impressive 20 for 25 from the foul line, while Point Boro was only 21 for 35. A downfall for Point Boro happened in the fourth quarter when their lead scorer Kelly Hughes fouled out midway, and only scored 11 points throughout the entire game.

Freshman Sam Sullivan called it, "Our biggest win." When asked why Point Boro seems to be such a challenge for the girls, junior Melisa Pavia states, "They are the most competitive team and are the most equal to us."

This adrenaline-charged victory was essential for Manasquan, with the Shore Conference Tournament just weeks away. Yet again, the Manasquan Warriors showed their thirst to be the best on the court and come out on top.

The team is very confident in themselves and believe they can rise to number one. Mabrey says of her team, "We are competing better."

You will have to get to one of the MHS Girls' basketball games to experience the positive and spirit-filled energy these girls have. Be sure to cheer them on! Pavia says, "We've been excelling and becoming more of a team." From the looks of it, these girls will get by just fine not only on talent, but working together and really being a team, on and off the court.

Boys Basketball Hoping for States

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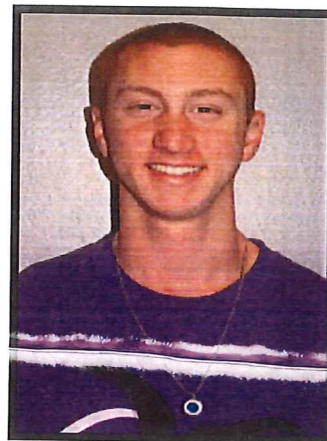
Unfortunately, on Saturday February 5, the boys suffered a heartbreaking loss against Holmdel. Leading by one point with four seconds left Holmdel passed the ball in under their own basket and sophomore guard Robbie Cantelli dribbled down the entire court and scored a game winning layup as the buzzer sounded. The disappointing ending damaged Squan's hopes to qualify for the States.

Despite the loss, junior Bryan Abadabo remembered some good. The game featured Manasquans first dunk of the season, over two Holmdel defenders, by sophomore Jimmy Walsh.

The team has rebounded with another win, and still hopes to string together a few more in order to reach 500 in time to qualify for the post season. At press-time, the team's record stands at 7-8, only one win away.

Squan's #1 Fan Leads the Cheers

The one thing Manasquan High School has never lacked is outrageous fans. Proof exists in Brian Palsi, a senior at Manasquan. He's known as Manasquan's number one fan. He not only makes a tremendous effort to pump up everyone in the stands but also freestyles about the basketball and hockey teams.



His songs were posted to YouTube and Facebook. They quickly gained status and now everyone is rapping along with 'Palz' rendition of Black and Yellow. "I wanted to inspire people to take pride in their school. I love being the number one fan" exclaimed Brian. His enthusiasm and commitment to Manasquan helped him to earn the title of Manasquan's number one fan. All we have to say is it will be hard to replace him next year.

Squan - a - Thon



Friday
March 11, 2011
8 PM
to
8 AM

Contact Us At
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12 Hour Dance Marathon

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